



# NEWS RELEASE

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FOR IMMEDIATE RELEASE:  
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## **RETURN TO WORK/SCHOOL AND BREASTFEED YOUR BABY**

*Workshops educate and promote women returning to work/school as nursing mothers*

Breastfeeding: Healthy Kids 2010 and the Lincoln-Lancaster Women's Commission (LLWC) are cosponsoring two educational workshops for women who are planning to return to their job or school schedules as a nursing mother.

The program teaches new and expecting mothers why breastfeeding is important for newborns and working moms, and teaches nursing moms how to be successful through information, resources and support available from community agencies and other nursing women currently in the work force or attending school.

Open to nursing mothers free of charge, the workshops will be held at the following times and locations:

- A light luncheon will be served at the workshop scheduled for Wednesday, April 21, from 11:30 to 1 p.m. at the Lincoln Woman's Club, 407 S. 14<sup>th</sup> St., Lincoln, NE.
- A light breakfast will be served at the workshop set for Saturday, April 24, 2004, from 9 a.m. to 10:30 a.m. at MilkWorks, located at 5930 So. 58<sup>th</sup> St., Lincoln, NE.

Join other expectant or new mothers and learn why breastfeeding is important for working moms, gather tips from women who are making it happen, see how breast pumps work and find out where to get help.

Human Resource directors or those interested in corporate lactation programs is welcome to attend. There will be free drawings for nursing-related prizes and baby gifts. For more information or to make reservations, contact MilkWorks at 423-6402.